

What are you made of?



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Overview

- Healthy Weight
- Health At Every Size and Shape
- Healthy Lifestyles
- Cooking For the Health of It



Defining "Healthy"

Health-y

(adjective)

health-i-er, health-i-est

Possessing or enjoying good health or a sound and vigorous mentality.

"A healthy body; a healthy mind."



Beyond the Scale

• Arizona Youth

Percent Obese High School Students	Percent Overweight High School Students
13.1%	14.6%

• Youth in the Nation

Percent Obese High School Students	Percent Overweight High School Students
12.0%	15.8%

*2009 YRBS



What ARE we made of?

In 1980, about 50 percent of high school seniors reported eating green vegetables "nearly every day or more." By 2003, that figure had dropped to about 30 percent.

(YES Occasional Papers. Paper 3. Ann Arbor, Mich.: Institute for Social Research, May 2003)



What ARE we made of? (continued)

Between 1970 and 1980, the number of fast-food outlets in the United States increased from about 30,000 to 140,000, and sales increased by about 300 percent. In 2001, there were about 222,000 fast-food outlets.

(Paeratakul S, Ferdinand D, Champagne C, Ryan D, Bray G. Fast-food consumption among US adults and children. J Am Diet Assoc 2003;103:1332-8)



Weight is a Youth Issue

- Gender Differences
- Body Composition Differences
- Amount of Physical Activity
- Appetite
- Medications



Weight is a Health Issue

- Self Esteem
- Quality of Life
- Independence
- Chronic Disease



Weight is a Social Issue



- Media Messages
- Social and economic influence of where people live, work, and play.



Is My Weight Healthy?

- Body Mass Index
- Skinfold and circumference measurements
- Bioimpedence analysis
- DEXA
- Underwater Weighing



Why is Nutrition Important

- Label Reading
- Portion Distortion
- Sugar
- Fat



How to Eat Healthy and Be Healthy

- Eat more fruits and vegetables
 - Think color
- Increase physical activity
 - 2 hours & 30 minutes each week of moderate activity
- Drink fewer sugar sweetened beverages
 - Sodas, sweetened fruit juices, sports drinks
- Decrease your “screen time”
 - TV, computers, iphones, etc
- Eat fewer energy-dense foods
 - Think high fructose corn syrup
- Eat family meals



'Eating Out' – Not Easy to Be Healthy

- Portion sizes – not what they used to be



- In search of the fast 'whole food'
limited 'whole food' options
new offerings: salads, fruit, veggie burgers



'Eating Out' – Healthy Strategies

- Avoid foods with these words:
fried, battered, crispy, basted
creamy, scalloped, au gratin
- Wrap half to-go, share with a friend, or
request half portion
- Have bread removed from table
- To drink? Order water



'Eating In' – Try It!

- Healthy Cooking Techniques
'sweat' – sauté/steam, steam, sauté
grill, bake, broil, poach

Embedded file – videos:

- sauté/steam demonstration
- prepping and cooking healthy grain



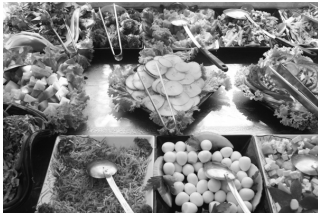
'Eating In' – Try It!

- Easy, Quick, and Healthy Recipes

'Live' demonstration – cold preparation (composed salad with grains or chilled soup)



Healthy Snacks



- Fresh Fruit Slices
- Raw Vegetables
- Cereal and Lowfat Milk
- Pretzels
- Lowfat Yogurt
- Lowfat Cheese



Healthy Lifestyle

- Good Nutrition
- Balanced Nutrition
- Physical Activity
- Behaviors



Health and Nutrition At Every Size

- A Better Way...

- Focus on HEALTH not WEIGHT
- Eat with balance, variety and moderation
- Move the body
- Get good rest
- Relax



